



**Run & Ride
T-Shirt for first
150 entrants**

19th Annual

Run AND Ride for the Cure

All proceeds benefit the St. John's Hospital Foundation Cancer Patient Support Fund!

SUNDAY, JUNE 3rd

9:00 A.M. RACE START | 9:15 A.M. NON-TIMED FUN CLASS

PRE-REGISTER: Bring this form to Skinny Skis or The Hub by 3pm, Friday, June 1st
Forms available at: Skinny Skis, The Hub, and St. John's Wellness Department
ENTRY FEES: Pre-Register \$20/person
Race Day (7:30-8:30am): \$25/person

KID'S RACES 10:15 A.M. Start
10:15 A.M. Little Tikes: training wheel/kick bikes
10:30 A.M. 11 yrs old and under: 1/4 mile run and 3 mile out-and-back ride on bike path
No charge. Race day registration only.

Start/Finish: Wilson School **Course:** Out and back along the scenic Fish Creek Rd. (5km run, 15km cycle)

Divisions: Women's Individual, Men's Individual, Women's Team, Men's Team, Mixed Team, Fun Class (non-timed), Junior Team and Junior Individual (12-15 yrs old)

Prizes: 1st and 2nd place

PRE-REGISTER: at Skinny Skis or The Hub by 3pm Friday, June 1st

Forms available at: Skinny Skis, The Hub, and St. John's Wellness Department

Race Day Registration: \$25 per person - 7:30 to 8:30 a.m. at Wilson School

Make checks payable to: St. John's Hospital Foundation • Cash and Credit Card payment available at Skinny Skis

Release: All competitors run and cycle at their own risk. If in doubt as to your physical condition, seek and abide by the advise of a physician. There is no minimum age to participate , and all persons under 18 years of age must have written consent of their parents or legal guardian to participate in the race. I assume any and all risks associated with running and cycling in this event including but not limited to falls, contact with traffic, contact with other participants, the effects of weather , and the condition with roads. Knowing these facts, and in consideration of your acceptance of my entry fee, I hereby for myself, my heirs , executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release, and hereby discharge Skinny Skis, Inc. and any and all sponsors, including agents, employees , officers or anyone acting for or on their behalf , from any and all claims of liability.

Name _____ **Email** _____

Address _____ **Phone** _____

Division _____ **Teammate** _____

Signature _____ **Date** _____

Signature of Guardian if under 18 _____ **Date** _____

